

No Goodbyes (zh)

COPPER KNOB
STEPSHEETS

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: Robbie McGowan Hickie (UK) - 2010年11月

Musik: Out of Goodbyes (feat. Lady Antebellum) - Maroon 5



前奏 : 16 Count intro 16拍後起跳

第一段 Right Side Rock. Right Sailor Step. Cross Behind. Unwind 1/2 Turn Left. Right Cross Shuffle.

- 1 – 2 Rock Right out to Right side. Recover weight on Left.
右足右下沉, 左足回復
- 3&4 Cross Right behind Left. Step Left to left side. Step Right to Right side. 右足於左足後交叉踏, 左足左踏, 右足右踏
- 5 – 6 Cross Left behind Right. Unwind 1/2 turn Left. (Weight on Left)
左足於右足後交叉踏, 左繞轉180度(重心在左足)
- 7&8 Cross step Right over Left. Step Left to Left side. Cross step Right over Left. (Facing 6 o'clock)
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏(面向6點鐘)

第二段 Left Side Rock. Left Sailor Step. Cross Rock. Right Shuffle 1&1/4 Turn Right.

- 1 – 2 Rock Left out to Left side. Recover weight on Right.
左足左下沉, 右足回復
- 3&4 Cross Left behind Right. Step Right to Right side. Step Left to Left side. 左足於右足後交叉踏, 右足右踏, 左足左踏
- 5 – 6 Cross rock Right over Left. Rock back on Left.
右足於左足前交叉下沉, 左足回復
- 7&8 Make 1/4 turn Right stepping forward on Right. Make 1/2 turn Right stepping back on Left. 右轉90度右足前踏, 右轉180度左足後踏
- 8 Make 1/2 turn Right stepping forward on Right.
右轉180度右足前踏
OR 7&8...Chasse 1/4 turn Right. (Facing 9 o'clock)
7&8簡易版:右追步轉90度(面向9點鐘)

第三段 Forward Rock. Left Lock Step Back. Back Rock. 2 x 1/2 Turns Left.

- 1 – 2 Rock forward on Left. Rock back on Right. 左足前下沉, 右足回復
- 3&4 Step back on Left. Lock step Right across Left. Step back on Left.
左足後踏, 右足於左足前鎖踏, 左足後踏
- 5 – 6 Rock back on Right. Rock forward on Left.
右足後下沉, 左足回復
- 7 – 8 Make 1/2 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left. 左轉180度右足後踏, 左轉180度左足前踏

第四段 Forward Rock. Right Coaster Cross. Chasse 1/4 Turn Left. Step. Pivot 3/8 Turn Left.

- 1 – 2 Rock forward on Right. Rock back on Left.
右足前下沉, 左足回復
- 3&4 Step back on Right. Step Left beside Right. Cross step Right over Left.
右足後踏, 左足併踏, 右足於左足前交叉踏
- 5&6 Step Left to Left side. Close Right beside Left. Make 1/4 turn Left stepping forward on Left. 左足左踏, 右足併踏, 左轉90度左足前踏
- 7 – 8 Step forward on Right. Pivot 3/8 turn Left. (Now Facing 1 o'clock)
右足前踏, 左轉135度(面向1點鐘)

第五段 2 x Skates Forward. Right Lock Step Forward. Left Mambo Forward. Slide Back. Cross.

- 1 – 2 (Still on Right Diagonal) Skate forward on Right. Skate forward on Left.
(仍面向斜角)右足前滑冰, 左足前滑冰

- 3&4 Step forward on Right. Lock step Left behind Right. Step forward on Right
右足前踏, 左足於右足後鎖踏, 右足前踏
- 5&6 Rock forward on Left. Rock back on Right. Step back on Left.
左足前下沉, 右足回復, 左足後踏
- 7 – 8 Slide/Step back on Right. Cross step Left over Right. (Straightening up to 3 o'clock) 右足後滑踏, 左足於右足前交叉踏(轉正面向3點鐘)

第六段 Hip Sways. Right Sailor 1/4 Turn Right. Step. Pivot 1/2 Turn Right. Left Lock Step Forward.

- 1 – 2 Step Right to Right side Swaying hips Right. Sway hips Left.
右足右踏右擺臀, 左擺臀
- 3&4 Cross Right behind Left making 1/4 turn Right. Step Left beside Right. Step forward on Right.
右足於左足後踏右轉90度, 左足併踏, 右足前踏
- 5 – 6 Step forward on Left. Pivot 1/2 turn Right. 左足前踏, 右軸轉180度
- 7&8 Step forward on Left. Lock step Right behind Left. Step forward on Left. (Facing 12 o'clock)
左足前踏, 右足於左足後鎖踏, 左足前踏(面向12點鐘)

第七段 Cross Rock. Chasse Right. Cross Over. Unwind Full Turn Right. Right Side Rock.

- 1 – 2 Cross rock Right over Left. Rock back on Left.
右足於左足前交叉下沉, 左足回復
- 3&4 Step Right to Right side. Close Left beside Right. Step Right to Right side. 右足右踏, 左足併踏, 右足右踏
- 5 – 6 Cross Left over Right. Unwind Full turn Right. (Weight on Left)
左足於右足前交叉踏, 右繞轉圈(重心在左足)
- 7 – 8 Rock Right out to Right side. Recover weight on Left.
右足右下沉, 左足回復

第八段 Cross. 1/4 Turn Right. 1/4 Turn Chasse Right. Forward Rock. Left Coaster Cross.

- 1 – 2 Cross step Right over Left. Make 1/4 turn Right stepping back on Left.
右足於左足前交叉踏, 右轉90度左足後踏
- 3&4 Make 1/4 turn Right stepping Right to Right side. Close Left beside Right. Step Right to Right side.
右轉90度右足右踏, 左足併踏, 右足右踏
- 5 – 6 Rock forward on Left. Rock back on Right. 左足前下沉, 右足回復
- 7&8 Step back on Left. Step Right beside Left. Cross step Left over Right. (Facing 6 o'clock)
左足後踏, 右足併踏, 左足於右足前交叉踏(面向6點鐘)

TAG: 16 Count Tag (End of Wall 2):

Right Side Rock. Behind & Cross. 2 x 1/4 Turns Right. Left Cross Shuffle.

- 1 – 2 Rock Right out to Right side. Recover weight on Left.
右足右下沉, 左足回復
- 3&4 Cross Right behind Left. Step Left to Left side. Cross step Right over Left. 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏
- 5 – 6 Make 1/4 turn Right stepping back on Left. Make 1/4 turn Right stepping Right to Right side. 右轉90度左足後踏, 右轉90度右足右踏
- 7&8 Cross step Left over Right. Step Right to Right side. Cross step Left over Right. (Facing 6 o'clock)
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏(面向6點鐘)
- 9 – 16 Repeat above Counts 1 – 8. (Now Facing 12 o'clock)
重覆1-8拍(面向12點鐘)
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